

CHILDBIRTH INSTRUCTIONS

START

Has she had a baby before?

YES

NO

PROMPT: DO NOT allow patient to use the toilet!

How far apart are the contractions (pains)?

Less than
5 Min.

More than
5 Min.

How far apart are the contractions (pains)?

More than
2 Min.

Less than
2 Min.

Does she have a strong desire to push?

YES

NO

Listen carefully. I'll tell you what to do.
Have her **LIE** in a comfortable position,
LEFT SIDE IS BEST.
Have her take **DEEP** breaths.

Does she have a strong desire to push?

NO

YES

Monitor patients condition.

If a **STRONG DESIRE TO PUSH** develops delivery may be imminent, if so continue.

Ask her to **RESIST** urge to **PUSH** or **BEAR DOWN**.
Get the phone next to her if you can.
Ask her to **LIE** on her **BACK** and relax, breathing **DEEPLY** through her **MOUTH**.
Ask her to remove her underwear.
Place clean towels **UNDER** her **BUTTOCKS**. Have additional towels ready.

(CONT.)

<<< If she starts to deliver (water broken, bloody discharge, baby's head appears) >>>

The baby's head should appear first. **CRADLE** it and the rest of the baby as it is delivered.

DO NOT PUSH OR PULL.

There will be water and blood with delivery. **THIS IS NORMAL.**

When the baby is delivered, **CLEAN** out it's **MOUTH** and **NOSE** with a **CLEAN, DRY CLOTH.**

DO NOT attempt to **CUT** or **PULL** the cord.

Wrap the baby in a dry blanket, a towel, or whatever is handy, and place it between the mother's legs on the floor. Massage the mother's lower abdomen very gently.

If the baby **DOES NOT** start breathing on its own, rub its back or gently slap the soles of its feet.

If the baby **DOESN'T** begin breathing **IMMEDIATELY**, come back to the phone.

COMPLICATIONS with delivery

Baby delivered and **BREATHING**

Baby delivered and **NOT BREATHING**

GO TO CHOKING INFANT INSTRUCTIONS

<<When the placenta (tissue on the other end of the umbilical cord) is delivered.>>

WRAP IT. This delivery may take as long as twenty minutes.

Keep the placenta **LEVEL** or **SLIGHTLY ABOVE** the baby.

<< If there are complications (leg, arm, buttocks, or umbilical cord presenting) >>

REASSURE the mother. Tell her you have dispatched aid.

Ask her to remain on her **BACK** with her **KNEES BENT.**

Ask her to **RELAX** and **BREATHE** through her **MOUTH.**

Tell her **NOT TO PUSH.**